SEE WHAT'S NEW... CHECK OUT OUR LATEST OFFER ON PAGE 10 SHOPPERS DRUG MART

SUPER CARROT SOUP
RAW FOOD THAT'S DELICIOUS AND NUTRITIOUS {page 12}

WORLD LEADERS ASK CANADA TO RETHINK POT STANCE
{page 4}

BEAUTY BY CHANEL
MAKEUP THAT LOOKS FRESH, NOT KITSCHY {page 11}

WINNIPEG metro®
Thursday, March 1, 2012
www.metronews.ca
News worth sharing.

WAG chronicles Rockwell

SHANE GIBSON/METRO

▶ Workers with the Winnipeg Art Gallery hang one of 40 original Norman Rockwell paintings which are part of the gallery's American Chronicles: The Art of Norman Rockwell exhibition running March 2 to May 20.

The art of Norman Rockwell comes to the Winnipeg Art Gallery Solo exhibition makes only Canadian stop in Winnipeg

SHANE GIBSON
@METRONEWS.CA

The prolific work of internationally-renowned artist Norman Rockwell has arrived in Winnipeg.

On Wednesday, the Winnipeg Art Gallery (WAG) installed the last of 40 original works, which will hang on the walls as part of an exhibition titled American Chronicles: The Art of Norman Rockwell.

"This is the first major exhibition of Norman Rockwell's paintings and his graphic works in Canada," said WAG executive director Stephen Borys. "Small-town America, urban life, politics and social issues — they are all here encapsulated in this historic exhibition."

Rockwell worked as the primary illustrator for the U.S.-based magazine Saturday Evening Post from 1916 until 1963 and produced more than 4,000 works over his lifetime.

"To have one artist following the development of a nation, of a people, from the first decade of the twentieth century to the eighth decade is extraordinary," said Borys.

As well as his paintings, the exhibit also features a complete set of his 323 Saturday Evening Post covers and a group of rarely seen preparatory work and artifacts.

Borys noted the gallery has a "wealth of programming" planned to go along with the exhibit, including art-making programs and several scholarly talks.

"When you walk through these spaces … you see not just the documentation of American life, but we also see the evolution of an artist," he said.

Works on display

- **American Chronicles: The Art of Norman Rockwell** opens at the WAG on Friday and the works will remain on display until May 20.
- **For more information** visit rockwell.wag.ca

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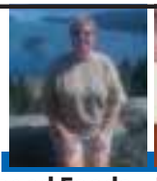
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School. Stance

▶ River Elm School students Fatima Mirzai, 10, left, Sarah Hilder, 10, Nancy Kanda, 11, Shane Cinq-Mars, 12, and Favour Ugbah, 11, take part in Pink Shirt Day on Wednesday.

SHANE GIBSON/METRO

Sporting pink to put a stop to bullying

More than 300 staff and students from River Elm School participated in Pink Shirt Day on Wednesday. The national movement raises awareness of bullying in schools, workplaces, homes and over the Internet.

A chance to say 'fare enough'

Council to listen to public concerns over transit-fare hike ◐ Opposition keeps pressure on

SHANE GIBSON
@METRONEWS.CA

Winnipeggers upset by a 20-cent fare increase proposed on all city buses starting this summer will get the chance to let councillors know how they feel next week.

City council voted 8-6 in favour of the increase last November, which will see regular fares jump to $2.65 as of June 1.

Two of the opposing councillors — Ross Eadie and Harvey Smith — launched a campaign at the end of January, along with the Social Planning Council of Winnipeg, hoping to rile up public support against the fare hike before council officially adopts the plan in their upcoming budget.

"With the budget coming down, transit revenue and expenditures are on the table," Eadie told Metro this week.

"We're trying to get the message out that the public gets to speak about transit fares during the budget process."

Price hike

- **Winnipeg Transit riders** have already seen an increase in fares this year — a five-cent hike took effect Jan. 1.
- **Councillors in favour** of the combined 25-cent hike this year say it's needed to help pay for the second phase of the southwest rapid transit corridor.

Coun. Harvey Smith introduced a motion to rescind the increase at council's Feb. 22 meeting.

The group invites the public to join the debate over the fare hike at council's March 5 public works committee meeting, which gets underway at city hall starting at 1 p.m.

Anyone who would like to speak to the committee as a delegation needs to register with the city no later than Friday at 2 p.m. by calling 311.

For more local news, visit metronews.ca/winnipeg

Police pursue suspected pervs

Four girls are being credited with possibly spotting a pervert. The girls, aged 9, noticed a man between Sunday and Tuesday driving an older model, dark red van on Autumnwood Drive, who appeared to be taking pictures of the girls, police say. Police are looking for a man with a dark complexion, about 40 years old with a long grey beard. Meanwhile, police say a nine-year-old boy was approached by a man in a red car at about 11:45 a.m. on Tuesday. The boy was walking on Weston Street, near Alexander Avenue. Police are looking for a black man, 35, with a goatee. METRO

Woman robbed making deposit

A woman trying to make a deposit at an Osborne Village bank was robbed on Tuesday. A man approached her, stole her money and ran off. Police are looking for a white man, between 25-30, and about 6'3" tall. METRO

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1 news

Gadgets in the bedroom are not only affecting sleep; they're also taking a toll on couple's love lives, say sleep experts. Scan code for story.

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On the web at metronews.ca

Tornadoes and twisters laid waste to the U.S. Midwest Wednesday. Watch at metronews.ca/video.

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Pierre Poutine? It's all a smear, PM says

Angry Harper accuses NDP, Liberals in Commons
But what's the truth about Separatist St. in Joliette?

A mysterious "Pierre Poutine" and Prime Minister Stephen Harper were front and centre in the robocalls furor on Wednesday.

Harper said allegations the Tories were behind misleading and harassing calls to voters in the last federal election are nothing but a smear campaign by the NDP and Liberals.

"The Conservative party can say absolutely, definitively, it has no role in any of this," Harper told the House of Commons.

He also added a new element to his counter-attack when he challenged the NDP and Liberals to provide proof to Elections Canada that the Tories were behind the calls.

Elections Canada is investigating reports that voters in Guelph got calls from a 450 area code number directing them to the wrong polling station.

Phone records show the number behind the calls belonged to a cellphone registered to "Pierre Poutine" of "Separatist Street" in Joliette, Que.

Elections Canada's chief investigator says in a sworn court document the name was likely used to cover the tracks of whoever was behind the calls.

Phone records show the number registered to "Pierre Poutine" twice called Edmonton-based call centre RackNine Inc., on April 30 and May 1.

The records also show phones associated with Guelph Tory candidate Marty Burke and the Guelph Conservative riding association made 31 calls to RackNine between March 26 and early May.

The court document says it is reasonable to believe Burke's campaign did business with RackNine and that the relationship is related to the calls.

THE CANADIAN PRESS

RackNine's case

- RackNine has confirmed someone used its automated dialing service to make diversionary calls.
- The company insists it did nothing wrong and is helping Elections Canada and police in the investigation.

PAWEL DWULIT/THE CANADIAN PRESS FILE

▶ A high-powered group of world business leaders and politicos want the Stephen Harper government to stop the "destructive, expensive and ineffective" war on drugs.

TOP WORLD NAMES BLAST POT LAWS

Sir Richard Branson and other world business and political leaders want Canada to rethink its stance on marijuana.

The leaders want Ottawa to scrap mandatory minimum sentences for minor pot offences in Bill C-10 and even look at legalizing the drug.

"Tougher drug law enforcement tactics such as mandatory minimum sentencing … will put a huge strain on Canadian taxpayers," says a letter released by the group.

"(They) will not have the intended effect of creating safer communities, and will instead further entrench" organized crime.

The group is chaired by Fernando Henrique Cardoso, former president of Brazil, and includes ex-presidents of Colombia, Mexico and Switzerland, and former U.S. secretary of state George Shultz.

MATT KIELTYKA/METRO

Seven so far will sit on Tori trial jury

Seven people have been chosen for a jury in the trial of a man accused in the death of eight-year-old Victoria Stafford.

Michael Rafferty, 31, pleads not guilty in London, Ont., to first-degree murder, sexual assault causing bodily harm and kidnapping.

Tori disappeared in Woodstock, Ont., on April 8, 2009. Her body was found three months later.

Terri-Lynne McClintic has already been convicted of first-degree murder.

THE CANADIAN PRESS

7

Five women and two men have been selected for a jury of 12 and two alternates.

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MAXIM SHIPENKOV/POOL/THE ASSOCIATED PRESS

▶ Vladimir Putin

Putin warns of a rumble

Russian presidential candidate predicts unsanctioned protests post-election will result in violence

Russian Prime Minister Vladimir Putin warned that his opponents could provoke unrest after Sunday's presidential election, even going so far as killing a prominent opposition figure to stoke outrage against his government.

Putin is all but certain to regain the presidency, but his allegations Wednesday reflect heightened tensions four days before the vote and nervousness about the protests expected to follow.

"They are looking among well-known people for a sacrificial victim," said Putin. "They could, I'm sorry, knock someone off and then blame the authorities."

Evidence of widespread vote-rigging in favour of Putin's party in December's parliamentary election set off a series of protests to demand an end to Putin's 12-year rule.

The opposition is pushing authorities to allow a post-election protest at a site close to the Kremlin. The government has refused the demand, offering other more distant locations instead.

The organizers have rejected that offer, raising the threat of violence. THE ASSOCIATED PRESS

Volunteers to monitor the vote

30,000
The estimated number of complaints filed after Russia's last parliamentary election.

Until a few months ago, Sergei Rassypnov, a real-estate agent, cared little about politics and Vladmir Putin.

That all changed in December, when evidence of rampant election fraud by Putin's party triggered a wave of protest: Suddenly, for legions of urban Russians, apathy and indifference was transformed into a startling new activism.

Today, Rassypnov is among tens of thousands of Russians who have signed up to monitor this Sunday's presidential election, in which Prime Minister Putin aims to reclaim the presidency he held for eight years. Most are volunteering for the first time, no longer willing to tolerate a situation in which people have little confidence their vote will be counted honestly. THE ASSOCIATED PRESS

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▶ Pop music group The Monkees, clockwise from top left, Peter Tork, Mickey Dolenz, Mike Nesmith and Davy Jones, are shown in this 1966 photo.

HANDOUT/THE CANADIAN PRESS

Monkees frontman dies

Davy Jones, the heartthrob singer who helped propel the made-for-TV rock band The Monkees to the top of the pop charts as an American version of The Beatles, died of a heart attack Wednesday. He was 66. Born in Manchester, England, Jones had stylishly long hair, boyish good looks and a British accent that endeared him to legions of screaming young fans.

James Murdoch steps down amid scandal

Rupert's son resigns from News International Will stay on as deputy COO of News Corp.

James Murdoch, the executive at the epicentre of the phone-hacking scandal at his father's British newspapers, is stepping down as executive chairman of News Corp.'s U.K. newspaper arm.

News Corp. said in a statement Wednesday that James, the youngest son of 80-year-old media mogul Rupert Murdoch, has relinquished his position at News International to concentrate on the company's

television business.

The 39-year-old will still remain deputy chief operating officer of News Corp., but the move plucks the one-time heir apparent to his father's global empire away from a firestorm over his role in Britain's phone-hacking scandal.

"James' resignation was inevitable," said Louis Ureneck, a journalism professor at Boston University. "He either condoned the hacking or was irresponsibly unaware. Neither is acceptable in a top executive of a media company."

THE ASSOCIATED PRESS

1.6%

News Corp. shares set a 52-week high in New York after the news broke, rising 1.6 per cent to $20.11 a share.

Manhattan. Demonstration

▶ An Occupy Wall Street protester holds a sign during a march toward New York's Bryant Park on Wednesday.

JOHN MINCHILLO/THE ASSOCIATED PRESS

Occupied once again

There was a heavy police presence around New York's 42nd Street area as the demonstration began Wednesday morning. Protesters were marching on the offices of pharmaceutical giant Pfizer.

Market moment

PRICES AS OF 5 P.M. WEDNESDAY

TSX	Dollar	Oil	Natural gas
- 96.46 (12,644.01)	+ 0.60¢ (101.06¢ US)	+ $0.52 US ($107.07 US)	$2.54 US (+ 1.9¢ US)

Gold $1,711.30 US (- $77.10 US)

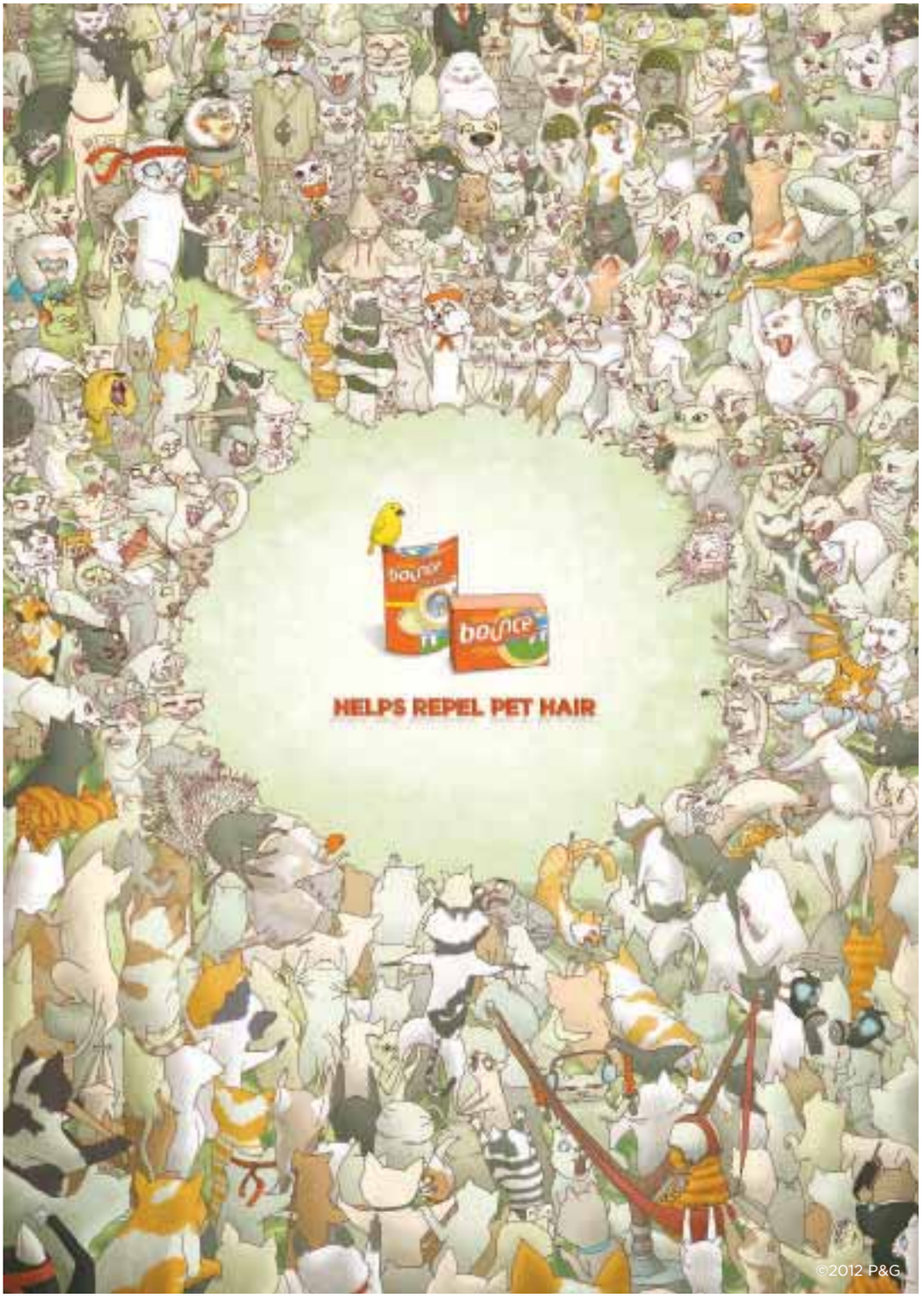
Navajo Nation sues over trademark

MATT YORK/THE ASSOCIATED PRESS FILE

The native American tribe Navajo Nation has sued Urban Outfitters months after the tribe sent a cease-and-desist letter to the clothing retailer demanding it pull the "Navajo" name from its products. The lawsuit filed late Tuesday in U.S. District Court in New Mexico alleges trademark violations as well as violations of the federal Indian Arts and Crafts Act.

Urban Outfitters set off a firestorm of criticism last year with its line of Navajo-branded clothing and accessories — particularly underwear and a liquor flask.

The company has declined to comment on the suit. THE ASSOCIATED PRESS



WHEN IN DOUBT, AD LIB

HE SAYS ...

JOHN MAZEROLLE
METRO

I'm just talking off the top of my head here, but I miss performing improv comedy.

Writing humour is satisfying, sure — especially that special moment when you see your name on a paycheque, er, I mean, in a newspaper. But the delayed, distant feedback can make you feel like you have fewer readers than the iTunes service agreement.

In contrast, and as Mitt Romney would tell you, there's no greater thrill than the instant response you receive when you get on stage and make stuff up.

If you're not aware, improvisation is a form of theatre that has spawned many comedic troupes, some serious theatre, certain art-house films and the Iraq war.

Generally, the idea is simply to make things up on the spot, often with an audience suggestion, which in theory can be absolutely anything, but which in practice is always "sex," "horny," "circus," "bus stop" or "spatula."

If that sounds like kids' stuff, rest assured there are some deep lessons to be learned.

"When you accept what the scene gives you and don't try too hard, then everything that happens is 'right,' the possibilities are endless and things naturally fall into place. There's a lesson in there somewhere."

For instance, one of the improv rules you organically discover is "Don't try to be funny." Some would argue I've mastered that.

But the point is that humour should arise from strong characters and a well-told story. When you tell a conventional punchline joke during improv the audience reply is a rising-then-falling "aaAAAaah" sound, which means "Clever. Not funny. But clever. Now be funny."

Another improv life lesson, perhaps the most important one, is to accept what the world gives you.

If another actor turned to you on stage and said, "Hi, Donald Trump!" then your natural, human reaction would be to punch him in the throat. But improv teaches you that scenes work best if you accept every suggestion — so you scowl in a Trumpian manner and wonder what it must be like to know that even a billion dollars isn't enough for a decent hairpiece.

When you accept what the scene gives you and don't try too hard, then everything that happens is "right," the possibilities are endless, and things naturally fall into place. There's a lesson in there somewhere.

Improv is fun, challenging and, yes, can give you a better outlook on life. I think you should try it.

And if you don't have the energy or gumption or whatever excuse you're using not to do it, just remember what an audience member once told me during an introspective moment: "Horny!"

Words to live by.

Read more of John Mazerolle's columns at metronews.ca/hesays

Register at metropolitanpanel.ca and take the quick poll

The Junos are set for April 1. With William Shatner as host, will you be watching?

60% NO. SOUNDS LIKE AN APRIL FOOL'S JOKE

40% YES. BEAM ME UP!

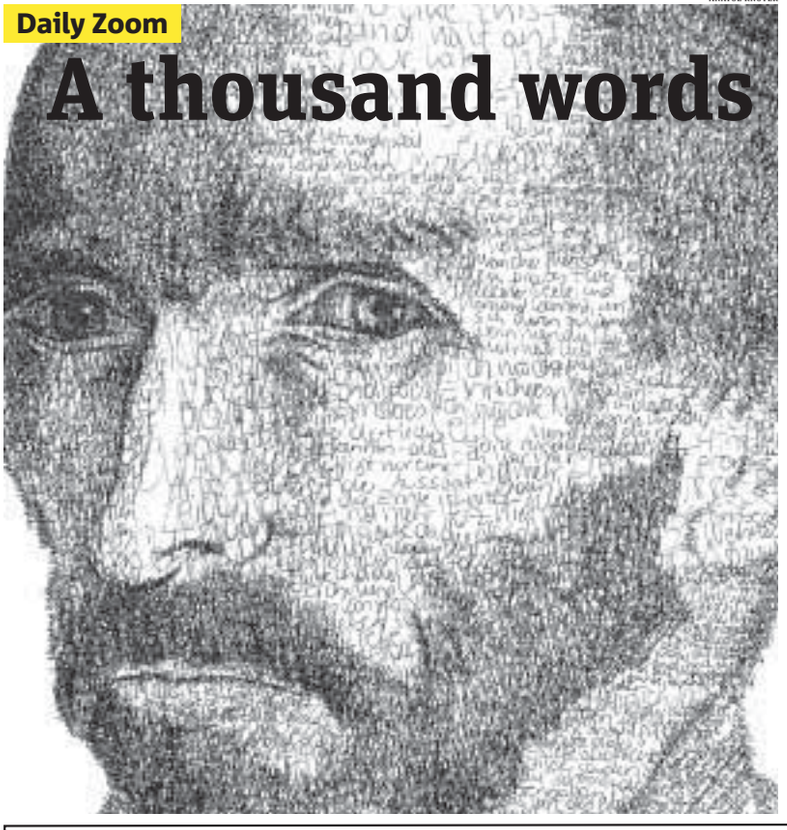
Local tweets

- **@PaulLaPolice:** Please don't use twitter to tell me how smarter you are than me or voice displeasure with decisions. All negative people will be blocked.
- **@kentonlarsen:** Why did Angelina Jolie stick her right leg out of the dress? She wanted to get ready for leap year. Get it? Leap? Aww, forget it.
- **@robsobs:** 4th warmest winter on record in #Winnipeg. First winter in over 70 years without a -30C reading here (so far).
- **@AngryWinnipeger:** why get a spray tan in #winnipeg? just go stand by a busy road on a day like today and get covered in dirt.
- **@shannynmmurray:** Police horses out and about in Winnipeg? Didn't even know we had them here..please don't stab/shoot them Winnipeg :S
- **@johnkwhite:** The Leafs should fire Wilson and hire a Francophone just to piss off the Habs
- **@wajihzeid:** The hardest part about following a diet is working in a grocery store. #FML

Daily Zoom

ANATOL KNOTEK

A thousand words



Artist 'writes' famous portraits

PORTRAITURE. This sketch of the great Vincent van Gogh can speak for itself. Artist Anatol Knotek creates faces composed from his own handwriting. Knotek, whose works allude to 1960s avant-garde poetry, has also "written" stunning portraits of Bob Dylan, Pablo Picasso and Nobel Prize laureate Hermann Hesse. MWN

▶ Anatol Knotek

60 seconds

Anatol Knotek, 34, artist from Vienna

What's the idea behind your "handwritten" portraits?
They're meant to blur the borders between poetry and fine art. For me, it's a type of communication, pairing the act of writing and the art of painting. It's "visual poetry."

What do you write?
A mixture of my own writing and words associated with the person I'm drawing. In this portrait, I used some passages taken from van Gogh's letters. I also added some sentences from Theo van Gogh's letter to his mother that reported his famous brother's death.

And how do you write your drawings?
I first make the sketch with a pencil and then I begin the writing process with a permanent felt-tip pen. I use small, simple words for the details, then larger letters for the overall appearance. It can take about two weeks to do one such portrait.

What inspired your work?
Concrete poetry — poetic verses that are arranged in a shape or pattern for added visual effect.

ANTHONY JOHNSTON/MWN

metro
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Serial soap-cleansing fun

Soap Scum presents Meltdown, Atomic Wasteland ◆ Showing at Park Theatre until June

JAMES GILLESPIE/METRO WINNIPEG

▶ Soap Scum presents its live improvised soap opera every Monday evening at the Park Theatre.

BACKSTAGE PASS

JARED STORY
METRO WINNIPEG

Soap Scum presents an improvised soap opera, airing Monday nights at the Park Theatre.

Featuring a nine-person cast comprised of local actors and comedians, the serial stage show is in its sixth season, titled Meltdown: Atomic Wasteland.

"A nuclear bomb has gone off and a bunch of us are in a bunker. We're survivors," cast member Kevin Pownall says, 26, who plays naive Boy Scout Dale Dimple.

"That was the first scene of the first episode of this season, the characters rushing into the bomb shelter and first meeting each other."

"We try to make it like a soap opera. People fall in to comas. People get shot. We try to keep the story going."

The end days of our lives episodes started in January and will continue until June. Each show features narrator Davide Montebruno, the guiding light if you will, who recaps the previous few episodes and sets up the scenes. It is improv comedy, but seeing it's a soap, things do get sentimental.

"We try to make it like a soap opera. People fall in to comas. People get shot. We try to keep the story going."
KEVIN POWNALL

"We do definitely go for some tearjerker moments but a lot of times when we go for the serious moment, it turns out to be funny," Pownall says.

"When you go for gags it's not nearly as funny because the audience knows you're going for the laugh, but if you're trying to be really serious the comedy comes out because it's such an absurd scenario."

Joining Dale Dimple in the bomb shelter are a preacher (Scott Cranwill), a French Canadian woodsman (Miguel Gauthier), a super strong housewife (Chantel Marostica), an emotional bride (Yanin Gillespie), a pin-up girl (Ashley Burdett), an upper-class woman (Mallory Schellenberg) and an army general (Peter Nadolny), although anyone of these character may have succumbed to radiation poisoning by the time you read this.

"A few episodes ago we exited the bunker for the first time into the atomic wasteland and people got marked up and are now slowly mutating," Pownall says.

"That's where we're slowly going with season, the surrealistic experience of mutants. We'll have to eventually decide whether to keep the mutants or kill them."

Tickets for Soap Scum Presents are $8 or $25 for a full season pass and are available at the door.

Showtime is 8 p.m.

Reese talks to her kids about abuse

Actress Reese Witherspoon has had the talk with her two young children.

Not the sex talk.

The domestic violence talk.

As a Global Ambassador for Avon's efforts to help victims of domestic violence, Witherspoon travelled to the Washington area to speak to the 2nd World Conference of Women's Shelters, prompting a talk with Ava, 12, and Deacon, 8.

Though her kids were shocked to hear how one in three women is abused in this country, Witherspoon said it was important for them to be aware of the problem especially her daughter who's almost old enough date.

At a time when bullies are responding with violence, Witherspoon also says parents must educate themselves and their children about social media and "what constitutes harassment, what is acceptable and what is not."

Witherspoon says talking publicly "creates empowerment" among women and helps them feel they're not alone. She said it often gives them the courage to go to a shelter or take legal action that could save their lives.

THE ASSOCIATED PRESS

JACQUELYN MARTIN/THE ASSOCIATED PRESS

▶ Reese Witherspoon

2 scene

Oprah

Oprah Winfrey is bringing her life lessons north of the border for a TV event sure to rank among her Canadian fans' favourite things. The 58-year-old TV legend has added Toronto as the latest stop on Oprah's Lifeclass Tour. A portion of the day-long event will be broadcast live on April 16 on the talk giant's network, OWN.

THE ASSOCIATED PRESS

Musical 'Carrie' becomes the third high-profile re-imagined work in New York this season

▶ Lindsay Lohan

‘I will not let anyone down’

Lindsay Lohan is mounting her comeback, starting with a stint hosting Saturday Night Live this week, and she knows there’s a lot at stake.

“I will not let anyone down, especially myself,” she says in an interview with the Today Show, starkly contrasting her last visit to the show, during which she denied having any problems at all.

“I wasn’t as comfortable with myself then. I think it was a fear factor that I had about what was really going on. And, you know, I had to get that wake-up call.”

METRO

Snooki pregnant?

MTV went into crisis mode after hearing news: Source

ALL PHOTOS GETTY IMAGES

THE WORD

DOROTHY ROBINSON
SCENE@METRONEWS.CA

Though she recently denied it, many news organizations are now reporting that Nicole “Snooki” Polizzi is indeed three months pregnant with boyfriend Jionni LaValle’s baby.

The Jersey Shore star is reportedly looking to make the most of the announcement — and has even brokered a deal for a cover story with Us Weekly.

Apparently, Snooki is looking to use her pregnancy to become “the next Kourtney Kardashian,” a source tells Page Six.

▶ Snooki

But reps at MTV aren’t as excited, since Snooki is currently filming a Jersey Shore spin-off chronicling her hard-partying lifestyle.

“MTV went into crisis mode after they found out,” the source says. “They’re trying to hide it because it would greatly affect the creative direction of the show.”

At first, I laughed at this because, well, “creative direction” and Jersey Shore spin-off do not go together.

But then it makes sense: MTV’s programming is filled with a million bad parenting reality shows, from Teen Mom to 16 and Pregnant. Even they probably loathe to air a segment of Snooki taking her baby for its first spray tan.

Celebrity tweets

@davidwain
Favor for me: if you liked Wanderlust, please email 100 friends and tell them to go see it. As thanks I’ll send you a Blue 2009 Honda Civic.

@hwinkler4real
YES we are a little behind in the Winkler household but ...BREAKING BAD..HAS OVER TAKEN ME now that’s tv

@M_E_Winstead
I just cut my hand with texturizing shears and full on passed out. Great way to start the day!

@Joan_Rivers
Both Jennifer Lopez and I have experienced nipple slips at the Oscars. The only difference is that mine was peeking out of an open-toe shoe.

Ben and Jen welcome third child

Jennifer Garner gave birth to a son Tuesday in Santa Monica, Calif., according to People magazine. It’s the third child and first boy for Garner and husband Ben Affleck, who also have daughters Violet, 6, and Seraphina, 3.

▶ Affleck and Garner

Garner previously said that they knew the gender of the baby ahead of time but weren’t sharing that information.

“It would be so weird to have a boy,” she told Ellen DeGeneres during an interview last year.

METRO

Who will play Whitney in film?

Plans are reportedly already underway for a movie about Whitney Houston’s life, according to the Daily Mail.

Producer Clive Davis is behind the project, and while Jennifer Hudson, Vivica Fox and Jordin Sparks are reportedly on the list for the lead role, Davis is said to have his eye on Rihanna to play Houston.

And lest it seems like Davis is trying to cash in on his friend’s death, the film was reportedly already being developed before Houston passed away last month.

▶ Whitney Houston

“Whitney knew about the project and was excited to see where it would lead,” a source says.

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Peter Philips, global creative director of Chanel makeup, creates nail and lip colours that instantly sell out and spark wait lists Heed his advice for a natural, beautiful look

You too can nail Chanel chic

ROMINA MCGUINNESS
LIFE@METRONEWS.CA
METRO WORLD NEWS IN LONDON

WILLY WANDERPERRE

Peter Philips

The mouth vs. the eyes

"Being beautiful is as tough as you want to make it, but it doesn't have to be all about the pressure. There's no such thing as an ideal face. Who can measure that? A perfect face is one that expresses confidence and is happy with itself. When I speak to somebody I'm always drawn to their mouth, maybe that's because it's more comfortable than looking someone in the eyes. Also with the eyes, which eye do you look at? But all women should have an eyelash curler. This also applies to women who don't wear makeup. One pinch to the lashes can work miracles as it opens up your eyes and makes you look fresh and awake. Add some mascara and you're ready to go."

The face: The fine balance

"It's a criminal offence to wear too much makeup, just as it is to wear too little. It's all about striking a balance and wearing a look with confidence. Something that always looks wrong is not blending your foundation in properly so that you can see the line between the face and the neck. It's so easy to avoid. Blend it out with your fingers or check the lighting in your bathroom."

"It's a criminal offence to wear too much makeup, just as it is to wear too little makeup. It's all about striking a balance and wearing a look with confidence."
PETER PHILIPS

Don't forget the inside

"Every phase of your life has beauty in it. We all want youth but at some point we have to realize that we're getting older and it's not all about foundation or mascara. If you eat and live wrong it will have an impact on your looks. You know the tricks: eat more vegetables, stop smoking, drink water and cut back on alcohol."

The nails: introducing April, May and June.

"The Le Vernis shades are anticipated not because of me but because they're Chanel. I have the advantage that I can link my creations with the fashion show, it gives them a reason to exist. May is pinky and girly and June has a beachy feel to it. It took 24 try-outs in the lab before we got the right shade for Le Vernis in June.

What's trending?

Trends, no. Seduction, yes.

"I don't create trends; it's the women who wear them that create them. My challenge is to develop shades that will seduce these women into buying them and the only way to seduce a women is by literally seducing her. I chose spring horizons; sunset and sunrise as it can be the most amazing moment of the day. I was afraid it would be a bit kitschy, mellow and corny, but it's also very beautiful. She can't be intimidated by the colours or feel like she's being forced into wearing something. She needs to stand in front of the counter or be reading a magazine and say, 'that's a shade I want to wear.'"

Jeanne Space

In this hectic modern world, Twitter has become a cool and succinct way of communicating. It allows me to be accessible, instantly speak my mind, and connects me with all kinds of people. Whether it's a fashion question or you just want to comment on life's bigger picture, I'd love to hear from you.

@Jeanne_Beker: 8 days of shows to cover in Paris. A fantasy for some... A lot of work for me! But not complaining. What's YOUR ultimate Paris fantasy?

- **@sarahohm:** "Audrey Hepburn in Funny Face" would be mine! #parisfantasy
- **@Jeanne_Beker:** Oh yeah! To be a hot young model falling in love with a cool photographer... What a gorgeous cliche!
- **@Enriquemylove16:** live there go to champs elysees every weekend for shopping :P get to know people from there explore the fashion world #dream♥
- **@Mymsie7:** wow! I want to get to visit every beautiful spot in the city! And taste everything there is to taste! I want to go next year:)
- **@KendalLo:** Hands down Paris at Christmas & NYE. Long meals inside warm Parisian restaurants, lots of wine, good coffee and shopping.
- **@Jeanne_Beker:** Oh YEAH! Nothing like guilt-free gorging in the City of Light! Worth every calorie!!!

View from mon petit chambre. Always stay in same charming St. Germain hotel in same sweet room: Home.

TUNE INTO FASHION TELEVISION EVERY SUNDAY AT 5:30 P.M. (ET) ON CTV. JEANNE BEKER'S FINDING MYSELF IN FASHION (PENGUIN) IS AVAILABLE IN BOOKSTORES NATIONWIDE.

3 life

Star power

GETTY IMAGES

It was announced this week that Sir Elton John will be headlining Fashion Cares, the silver anniversary fundraising gala, to be held on September 9, 2012 at the Sony Centre for the Performing Arts in Toronto.

Chaired by Michael King and David Furnish, with cosmetics powerhouse MAC Viva Glam returning as title sponsor, the event will feature an intimate dinner, a retrospective of the past 25 years of Fashion Cares, and a live show performance by Sir Elton John and other high profile, international musicians.

METRO

Guy Laroche designer shows gem-inspired collection, and no skin, in Paris.

Satisfy your raw curiosity

March is Nutrition Month across Canada ◗ Celebrate eating healthy by trying to 'uncook' raw foods in your own kitchen ◗ This Super Carrot Soup is tasty and easy to prepare

Super Carrot Soup

This recipe makes 500 ml (2 cups).

Preparation:

1. In blender, combine carrots, water, oil, cilantro, garlic, raisins, lemon juice, salt, curry powder, cumin and cayenne. Blend until smooth.
2. Topping: Sprinkle each bowl with cilantro and raisins before serving. **UNCOOKING WITH RAWROSE BY ROSE VASILE/ THE CANADIAN PRESS/ ADAPTED BY EMILY RICHARDS (PROFESSIONAL ECONOMIST, COOKBOOK AUTHOR AND TV CELEBRITY CHEF (FOR MORE, VISIT EMILYRICHARDSCOOKS.CA)**

Variation

Avocado
Avocado can be used instead of olive oil. After blending other ingredients, blend half an avocado and 50 ml (1/4 cup) water until smooth.

Ingredients:

- 375 ml (1 1/2 cups) coarsely chopped carrots
- 250 ml (1 cup) water
- 30 ml (2 tbsp) olive oil
- 15 ml (1 tbsp) cilantro
- 1 clove garlic
- 1 tsp raisins
- 5 ml (1 tsp) lemon juice
- 2 ml (1/2 tsp) sea salt
- 2 ml (1/2 tsp) curry powder
- 2 ml (1/2 tsp) ground cumin
- Pinch cayenne 5 ml

Topping:

- 15 ml (1 tbsp) chopped fresh cilantro or parsley
- 5 ml (1 tsp) raisins

Weekly Cookbook

Certified raw foods chef Rose Vasile, has released the fifth edition of her Uncooking with RawRose cookbook ($29.95).

The recipes are surprisingly varied and include a large section on soups, salad dressing and dips and another on desserts, often using nuts or seeds as the base for cakes or pies.

One standout recipe is a lasagna made with layers of mushrooms, zucchini and spinach, almond cheese and marinara sauce.

THE CANADIAN PRESS

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ISTOCK

Stop collecting finger marks on your stainless steel items.

Dear Charles the butler,
Can you please advise on the best way to remove finger marks from stainless steel appliances?
Thank you,
Kim

Dear Kim,

As beautiful as stainless steel is, those finger marks drive me nuts too!

Fingerprints tend to be oil-based, although they can be caused by many other things. But natural oil from the skin on our fingers is the most common culprit.

So remember, "like removes like." These are the methods in the order I like to follow and the ones in which I have had the most success:

1. A microfibre cloth and "all-purpose cleaner" (4 cups water & 1 tablespoon dish soap)
2. A microfibre cloth and "multi-purpose cleaner" (50% water & 50% vinegar)
3. Paper towel and olive oil; I learned this trick from a stainless steel installer and it does work!
4. You can buy a commercial stainless steel cleaning product at most hardware stores

Remember to wipe the entire surface. If you only spot wipe the handle and surrounding area, you will eventually get a mark or discolouration from where you always wipe.

HAVE A QUESTION? SEND A MESSAGE TO ASKCHARLESTHEBUTLER@METRONEWS.CA

Playoffs begin now for Jets

THE HOCKEY NEWS

RORY BOYLEN
WINNIPEG@METRONEWS.CA

The first half of March is going to go a long way towards deciding whether the Jets make the playoffs in their first season back in Winnipeg.

Ending February with a miserable loss to the lowly Edmonton Oilers at home couldn't have been a worse omen. Those are the games playoff teams win or, at the very least, lose in extra time to gain the all-important point.

But the team has to pick up the slack immediately, as tonight's game at home to division rival Florida is a clash of two teams competing for either a Southeast banner or the last playoff berth in the conference. Florida has been sliding since its fast start and the Jets have been good at home. Everything is tilted in Winnipeg's favour for this one, which would make a loss all the more deflating.

From there, Winnipeg plays host to Buffalo, a team with no hope for the post-season. After that, Winnipeg takes to the road for a Western Canada road trip through Calgary and Vancouver before coming home for three more games in five nights. Included in those games is another divisional death match with the Washington Capitals that will end up making or breaking someone's playoff hopes after 82 games. Even though the season still has a month and a half left to it, any lost points from here on out will be looked back on with regret come April.

It may be a cliche, but seriously, every game from here on out is a playoff game for the Jets and any time they play a team they're in direct competition with for a playoff spot, it will be like Game 7 of the Stanley Cup final. There is no more room for lacklustre efforts on the backend of consecutive game nights. That scenario will play out three times in March: On the ninth in Calgary, on the 24th in Nashville and on the 31st in Tampa Bay.

The fact that all of those games fall on the road means it's an uphill battle from this point on.

If this team has a character to it, now is the time for it to define the Jets as playoff-bound.

MARIANNE HELM/GETTY IMAGES

▶ Head coach Claude Noel, Nik Antropov, left, and Alexander Burmistrov during a loss to the Oilers on Monday.

Woods' agent slams book by former swing coach

Tiger Woods' agent lashed out Tuesday against Hank Haney's book, saying his "armchair psychology" about Woods was "ridiculous" and that it was clear the former swing coach only cares about self-promotion.

Haney's book about his six years as Woods' coach is titled The Big Miss. It is to go on sale March 27.

Golf Digest began releasing small excerpts Tuesday on its tablet applications and on its website. Haney's book was written with help from Jaime Diaz, a senior writer at the magazine who has covered Woods more extensively than anyone over the years.

In one of the excerpts, Haney, a McKinney, Texas, golf guru, said his job became more difficult in 2007, when Woods had 12 majors and was getting closer to the record 18 won by Jack Nicklaus.

"There was more urgency and less fun.... He never mentioned Nicklaus' record, but it started to weigh more heavily at every major," the excerpt said. "And Tiger's actions indicated he believed he had less time to do it than everyone thought."

He also said Woods was seriously considering becoming a Navy SEAL.

THE ASSOCIATED PRESS

NFL

Steelers will drop Ward

Hines Ward's constant, ear-to-ear smile tucked behind a black face mask has been a lasting image for Pittsburgh Steelers fans the past 14 seasons.

They won't see it again.

At least, not in a black-and-gold uniform.

The franchise's all-time leader in just about every meaningful receiving category will be released sometime in the next two weeks, said president Art Rooney II on the team's website on Wednesday.

A four-time Pro Bowl selection and MVP of the 2006 Super Bowl, Ward will finish his Steelers career with 1,000 catches, 12,083 yards and 85 receiving touchdowns. He helped Pittsburgh to three AFC championships and a pair of Super Bowl wins.

Ward vowed to return for a 15th season next fall. THE ASSOCIATED PRESS

4 sports

Jets preview

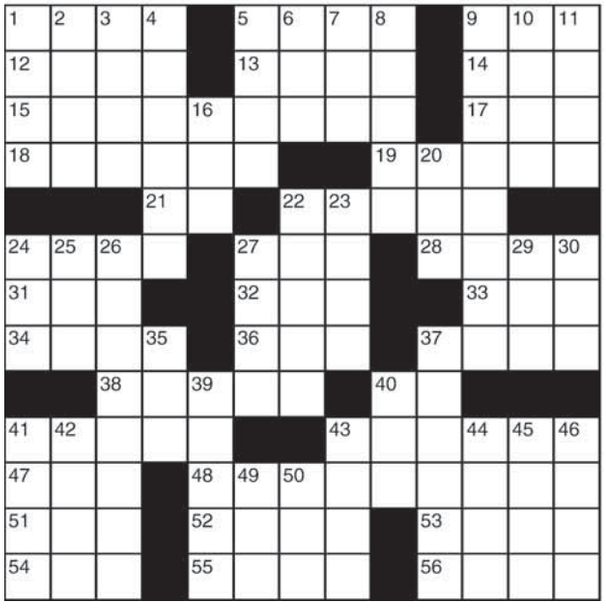
Florida at Winnipeg
7:30 p.m.
TV: TSN-Jets

The Jets (30-27-8) host Florida (30-20-12), which has won its last three games. The Panthers beat Toronto 5-3 on Tuesday. Jason Garrison scored in the win and leads all defencemen with 14 goals this season. Wojtek Wolski has a goal and an assist in three games with Florida since arriving in a trade with the Rangers. Kris Versteeg (lower body) is expected to miss at least a week. Jose Theodore has a 1.98 goals-against average and .934 save percentage in seven games since returning from a knee injury.

THE CANADIAN PRESS

Scan code for more sports.

Crossword



Across

1 Airport schedule data (Abbr.)
5 Mop the deck
9 Kimono closer
12 Anger
13 Sit for a photo
14 Pal of Wynken and Blynken
15 Ancient Mariner's burden
17 Right angle
18 Theatrical
19 American emblem
21 Performing
22 Mythical lecher
24 Geek
27 — capita
28 Billions of years
31 Away from WSW
32 Raw rock
33 Potential syrup
34 Probability
36 Eggs
37 Wan
38 Hidden supply
40 — usual
41 One of The Donald's exes
43 Snare
47 Venusian vessel?
48 Colonial sewer
51 "— Doubtfire"
52 Island neckwear
53 Arctic diving birds
54 "Mayday!"
55 Ticklish Muppet
56 For fear that

Down

1 Historic periods
2 Pinball no-no
3 Actress Jessica
4 Neptune or Poseidon
5 Nimble
6 Court
7 Fool
8 Surround
9 144 units
10 Weevil's morsel
11 Not busy
16 Coffee break hour
20 Favorable vote
22 Wait on
23 Vicinity
24 Ultramodernist
25 Conclusion
26 Relief provider
27 Milne bruin
29 "Unh-unh"
30 Agent
35 Actor Mineo
37 Star-related
39 Larry the — Guy
40 Whatever number
41 "— the word"
42 Roundish hairstyle
43 Old U.S. gas brand
44 Libertine
45 Requests
46 "Hey, you!"
49 Conger, for one
50 Quarterback Tebow

▶ Yeterday's answer

H	Y	P	O		D	V	R		A	P	P	S
A	E	O	N		I	I	I		V	A	L	E
P	A	R	T	I	S	A	N		E	R	I	E
S	H	E	A	T	H		G	A	R	T	E	R
			P	E	R		S	L	A	Y		
A	L	P		M	A	P		A	G	I	L	E
B	O	A	T		G	E	E		E	N	I	D
C	Y	R	U	S		A	N	T		G	T	O
		T	R	O	D		G	U	T			
G	L	E	N	N	E		A	F	R	A	I	D
E	U	R	O		P	A	R	T	I	C	L	E
E	A	R	N		O	D	D		T	H	I	N
S	U	E	S		T	O	E		E	Y	E	S

Sudoku

		5	7		2			
	2					1	7	
4	3				9	8		
6		3	2				9	
				7				
	8				5	6		4
		8	1				4	3
	7	9					6	
			3		6	2		

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

5	6	8	3	7	2	4	1	9
2	9	3	1	4	8	5	6	7
4	7	1	6	5	9	3	2	8
6	4	2	9	8	3	7	5	1
3	8	5	7	1	6	9	4	2
7	1	9	4	2	5	6	8	3
9	2	6	5	3	1	8	7	4
8	5	7	2	9	4	1	3	6
1	3	4	8	6	7	2	9	5

Send a KISS

You can now post your kiss, and read even more kisses, at metronews.ca/kiss.

YOU, All of my life I have tried to find someone who could see the world through my eyes. I thought I walked this earth alone until I met you. **M**

Lady Gaga
Thank you for always being there and strong for us Little Monsters. You give me hope and courage. Congratulations on the Born This Way Foundation!!! PAWS UP! **LADY ALA**

meme, when i first saw you walk by me i thought to myself " i need you a.s.a.p over there" but i was to shy of a guy because you where to much and so was work. so here i am today giving you a kiss; TC!!!
BILLY

Doctor what can i do? why does it have to be like that?
CURE ME

A look at the weather

Jenna Khan, Weather Specialist
"Weather impacts everything we do. Providing the information you need before you head out that door and take on the day is the best part of my morning." **WEEKDAYS 5:30 AM**

BT BREAKFAST TELEVISION

TODAY	FRIDAY	SATURDAY
Min -8° Max 0°	Min -5° Max -3°	Min -16° Max -8°

Today's horoscope

For today's crossword answers and for expanded horoscopes, visit metronews.ca

♈ Aries March 21-April 20
If you can't get excited about what you have planned to do today then, obviously, you should be doing something else.

♉ Taurus April 21-May 21
All those worries and woes you have been carrying around with you suddenly seem irrelevant.

♊ Gemini May 22-June 21
You can be quite sensitive to mood changes in your environment and that skill will be useful today.

♋ Cancer June 22-July 22
A surge of negative cosmic activity makes you believe that certain people are against you. They're not. You need to lighten up and smile.

♌ Leo July 23-Aug.23
Stop trying to control everything that happens and let fate guide you. That applies to all areas but in particular to joint financial issues.

♍ Virgo Aug. 24- Sept. 22
Today's cosmic influences will encourage you to be open about your feelings — but not so open that your heart rules your head entirely.

♎ Libra Sept. 23-Oct. 23
If someone approaches you with an idea or proposal today, don't turn them down flat. Listen.

♏ Scorpio Oct. 24-Nov. 22
Keep routine tasks to a minimum and don't worry if you fall behind in your schedule. Be flexible.

♐ Sagittarius Nov. 23-Dec. 21
Others may be hopping from one foot to the other in anger today but you cannot be bothered.

♑ Capricorn Dec. 22-Jan. 20
It's good that you don't take what others believe as a personal insult to your own values. Be open.

♒ Aquarius Jan. 21-Feb. 18
Something is going to happen whether you like it or not, and you know it. So why are you still fighting the future? Adapt yourself.

♓ Pisces Feb. 19-March 20
Have you been making use of your skills? If you are honest, you will admit you have fallen a bit short lately. **SALLY BROMPTON**

Caption contest

MICHAEL CONROY/ THE ASSOCIATED PRESS

DAVID GOLDMAN/ THE ASSOCIATED PRESS

WIN!

You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in Wednesday's Metro.

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